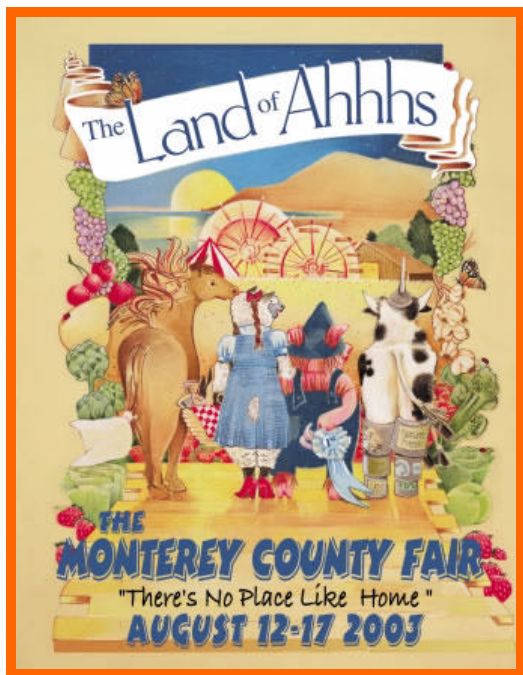


# Peacock Press

Naval Postgraduate School

**AUGUST 2003 SUMMER SPECIALS**



Adult tickets are available at the ITT Office for \$5.50/person. Children's tickets are available at the fair. 12 years and under \$4.00; five and under FREE. On "Kids Day" Wednesday, 13 August, kids 12 and under are FREE.

During the period of 12-17 August, Monterey Pines Golf Course play will be limited to 10 holes due to the expansion of parking to support the Monterey County Fair. Parking proceeds will benefit the NPS MWR programs and provide much needed convenient parking to the fair.

**Daily parking fee:**

Civilians: \$8.00

Active military/retirees: \$5.00

## 2003 LAGUNA SECA'S RACE SEASON



Monterey Historic  
Automobile Races



**AUG 15 - 17, 2003**

### GENERAL ADMISSION

Saturday \$22.50

Sunday \$33.00

2-Day \$50.50

Paddock Pass \$15.50

## 49ERS TICKETS

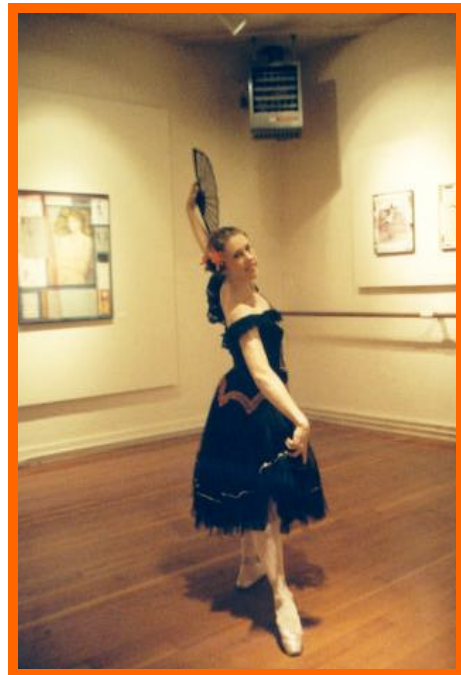
### PRE-SEASON GAMES

Saturday, 14 August 5 pm  
49ers vs. Oakland

Saturday, 23 August 6 pm  
49ers vs. New Orleans  
Cost: \$59.00

Tickets are available at the ITT Office. Open to all MWR patrons, active duty military/reservists, retirees/family members, DOD civilians and their guests.

For more information, please call 656-3223.



## Ballet Fantasque

presents...

## The Snow Queen

Saturday, 9 August - 8:00 pm

Sunday, 10 August - 3:00 pm

Santa Catalina School Performing  
Arts Center

Adults: \$16.50

Senior/Student: \$13.50

Children 12 & under: \$10.50

[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)



<b><i>The Fleet &amp; Family Support Center</i></b> .....	<b>2</b>
<b><i>Calendar Of Events</i></b> .....	<b>3</b>
<b><i>Club Del Monte/Single Sailor Programs</i></b> .....	<b>4</b>
<b><i>MWR Movies</i></b> .....	<b>5</b>
<b><i>Information Tickets &amp; Tours</i></b> .....	<b>6</b>
<b><i>Monterey Bay Athletic Club</i></b> .....	<b>7</b>
<b><i>Child Development Program</i></b> .....	<b>8</b>
<b><i>Tech Connection/Youth &amp; Teen Center</i></b> .....	<b>9</b>
<b><i>Monterey Navy Flying Club</i></b> .....	<b>10</b>
<b><i>Bluewater Cove Marina</i></b> .....	<b>10</b>
<b><i>Monterey Pines Golf Course</i></b> .....	<b>11</b>
<b><i>Hours of Operation</i></b> .....	<b>12</b>

## NAVAL POSTGRADUATE SCHOOL

RADM David R. Ellison  
Superintendent

COL David Smarsh USAF  
Chief of Staff

GSCM(SW) R.O. Murphy  
Command Master Chief

Pete Dausen  
Executive Director, Facilities  
and Support Services

James R. Thomas  
Quality of Life Director

Darlene Raish  
Leisure Services Manager

Clay Murray  
Golf Course/RV Campground  
Manager

Megan Ryan  
Child Development & Youth  
Program Administrator

Hugh Butler  
Executive Chef

Renee Leiva  
Catering Sales Manager

Cecilia S. Legario  
Newsletter Editor

The Peacock Press is a monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in  
area code (415)



**Spouse Employment Assistance Orientation:** Wed 6 Aug 1-2:30 pm FFSC Bldg 3. Job Hunting? This orientation is designed to assist military spouses find the job they want. Topics of interest: Job Search Techniques that work; Temporary staffing Agencies & Placement Services; Monterey Employment Office Services; Federal Job Opportunities; Local Education Opportunities; Colleges and Vocational; Relocating Spousal Job Preference on military facilities.

**Winning Interviews:** Thurs 14 Aug 1-2:30 pm FFSC, Bldg 3. This course is designed to help individuals prepare for an interview. It covers what to wear, how to present yourself, how to project your career

## AUGUST 2003 SCHEDULE OF CLASSES

image, what questions to ask and negotiating.

**Writing Resumes:** Thurs 21 Aug 1-2:30 pm La Mesa Community Center. This course is designed to help individuals learn how to write a resume. The workshop covers what documents are important, styles of resume, how employers review a resume, and the do's and don'ts of resume writing.

**Stranger Danger Safety Tips:** Wed 28 Aug 2:45-4 pm La Mesa Community Center. This will be a one-hour program for children, K to 5th grades. The focus will be on ways young children can or should handle themselves when strangers approach them. We will also discuss strategies to prevent abduction.

**Infant Play Group:** Tuesdays, 12, 19, & 26 Aug 10-11 am La Mesa Community Center. Sharing parenting ideas, upcoming events and community resources.


**Self-Confidence/Chess Group:** Wednesdays 2:30-3:45 pm La Mesa Community Center; Thursdays 2:30-3:45 pm OMC Chapel. There will be a brief discussion on self-confidence and then children will learn and play chess. Although the intent is to teach children how to play chess, enjoyment and socialization versus competition will be the main emphasis of the group.

**Toddler Play Group:** Fridays 10:30-11:45 La Mesa Community Center. A play and activity group for children ages 14 months to 3 years. Parents are encouraged to interact with their toddlers through fun activities, share parenting tips and resources - younger siblings are welcome.

**Registration is required. Call the Fleet and Family Support Center, 656-3060 to register. Visit the FFSC website for update to classes: <http://www.nps.navy.mil/fsc>**

# MWR August 2003 Calendar of Events

Page 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</p>	<p>Every Monday Dinner Special El Prado Room 1600-2100 SEAFOOD CIOPPINO Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00</p>	<p>Every Tuesday Dinner Special El Prado Room 1600-2100 "Moist &amp; Tender" PRIME RIB \$13.00</p>	<p>Every Wednesday Dinner Special El Prado Room 1600-2100 BBQ BABY BACK RIBS Adults: 8.50 Kids 5-10 \$4.25</p>	<p>Every Thursday FAMILY NIGHT Dinner Special ROAST TOM TURKEY w/ Mashed Potatoes &amp; Gravy/ Fresh Vegetables Adults: \$7.00 Kids 5-10 \$3.50</p>	<p>1 Every Friday Dinner Special El Prado Room 1600-2100 FISHERMAN'S PLATTER Adults: 8.75 Kids 5-10 \$4.50</p>	<p>2 CLUB DEL MONTE CATERS GREAT DEALS FOR "WETTING DOWN/ PROMOTION PARTIES"</p>
<p>3 For Party Reservations at CLUB DEL MONTE Please call 656-2170</p>	<p>4 WHAT A GIRL WANTS (PG) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>5 SHANGHAI KNIGHTS (PG) 1900 Dinner Special "Moist &amp; Tender" PRIME RIB</p>	<p>6 X-MEN 2 (PG 13) 1900 Dinner Special BBQ BABY BACK RIBS</p>	<p>7 AGENT CODY BANKS (PG) 1800 Dinner Special ROAST TOM TURKEY</p>	<p>8 Dinner Special FISHERMAN'S PLATTER Adults: 8.75 Kids 5-10 \$4.50</p>	<p>9 TRIDENT ROOM DINNER SERVICE 1600-2100 BEVERAGE SERVICE 1600-2300</p>
<p>10 ITT OPEN MON-FRI 0930-1330 1430-1630 CLOSED WEEKENDS &amp; FEDERAL HOLIDAYS</p>	<p>11 A MAN APART (R) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>12 BULLET PROOF MONK (PG 13) 1900 Dinner Special "Moist &amp; Tender" PRIME RIB</p>	<p>13 IT RUNS IN THE FAMILY (PG 13) 1900 Dinner Special BBQ BABY BACK RIBS</p>	<p>14 THE LIZZIE McGUIRE MOVIE (PG) 1800 Dinner Special ROAST TOM TURKEY</p>	<p>15 Every Friday TRIDENT ROOM OPEN 1500-2300 SOCIAL HOUR 1600-1800</p>	<p>16 MONTEREY BAY ATHLETIC CLUB OPEN DAILY AND MOST FEDERAL HOLIDAYS</p>
<p>17 MONTEREY PINES RV CAMPGROUND OPEN YEAR ROUND Please call 656-7563</p>	<p>18 MALIBU'S MOST WANTED (PG 13) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>19 INTERSTATE 60 (R) 1900 Dinner Special "Moist &amp; Tender" PRIME RIB</p>	<p>20 WRONG TURN (R) 1900 Dinner Special BBQ BABY BACK RIBS</p>	<p>21 DADDY DAY CARE (PG) 1800 Dinner Special ROAST TOM TURKEY</p>	<p>22 Dinner Special El Prado Room 1600-2100 FISHERMAN'S PLATTER</p>	<p>23 BLUEWATER COVE MARINA OPEN DAILY NOON TO SUNSET "HANA LEI CRUISE" 1300-1500</p>
<p>24 MONTEREY PINES GOLF COURSE OPEN DAILY &amp; MOST FEDERAL HOLIDAYS.</p>	<p>25 BULLET PROOF MONK (PG 13) 1900 Dinner Special SEAFOOD CIOPPINO</p>	<p>26 A MAN APART (R) 1900 Dinner Special "Moist &amp; Tender" PRIME RIB</p>	<p>27 IT RUNS IN THE FAMILY (PG 13) 1900 Dinner Special BBQ BABY BACK RIBS</p>	<p>28 THE LIZZIE McGUIRE MOVIE (PG) 1800 Dinner Special ROAST TOM TURKEY</p>	<p>29 Every Friday TRIDENT ROOM presents LIVE ENTERTAINMENT 1800-2000</p>	<p>30 MONTEREY NAVY FLYING CLUB OPEN MONDAY TO FRIDAY 0900-1700</p>
<p>31 MONTEREY PINES 19TH HOLE GRILL FOOD SERVICE OPERATION OPEN 7 DAYS A WEEK CALL 656-2167</p>						<p>FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM</p>





## AUGUST MONDAY DINNER SPECIAL

*El Prado Dining Room  
4:00-9:00 p.m.*

### **FRESH SEAFOOD CIOPPINO**

*with Shrimp, Calamari, Crab and Mussels,  
Fresh Caesar Salad and Garlic Bread*

*Adults \$7.50 Kids 5-10 \$4.00 Under 5 \$2.00*

*Come enjoy our August Tuesday Dinner Special  
in the El Prado Room 4:00-9:00 p.m.*



### **SLOW ROASTED PRIME RIB**

*"moist and tender" with Aux Jus  
accompanied with Horse Radish, Baked  
Potato, Sour Cream  
and Chef choice dessert  
only \$13.00*



*August Wednesday Dinner Special  
served in the El Prado Room 4:00-9:00 p.m.*

### **BBQ BABY BACK RIBS**

*served with Corn Bread,  
Fresh Corn on the Cob  
and Fried Potato Wedges*

*Adults \$8.50 Kids 5-10 \$4.25*

## **Liberty Single Sailors**

### **WHITE WATER RAFTING TRIP**



### **NAPA, California August 2-3, 2003**

*Stop by ITT Office Room 127 Herrmann Hall to sign up  
for this trip. Cost is \$45.00. This trip is open to all  
hands attached to NPS and tenant commands. For  
more information or questions, contact Amy at 656-  
7955.*

## **FAMILY NIGHT** **AUGUST Thursday Dinner Special** *in the El Prado Room 4:00-9:00 p.m.*



### **ROAST TOM TURKEY**

*with Mashed Potatoes/gravy  
and Fresh Vegetables*

*Adult \$7.00 Kids 5-10 \$3.50*

*August Friday Night Special served in the  
El Prado Room 4:00-9:00 p.m.*



### **FISHERMAN'S PLATTER**

*Combination Plate: Fried Shrimp, Fried Alaskan White Cod,  
Fried Calamari, Rice Pilaf and Fresh Vegetables.*

*Adults \$8.75 Kids 5-10 \$4.50*

## **MWR ADVISORY BOARD TO MEET WEDNESDAY, 3 SEPTEMBER 2003**

*The next MWR Advisory Board Meeting is set for Wednesday,  
3 September 2003, at 10:00 a.m. in the La Novia Room,  
Herrmann Hall, Bldg 220.*

*All departments of the Naval Postgraduate School and tenant  
commands are encouraged to send representatives to these  
informative bi-monthly meetings.*

*This is your opportunity to gather the latest MWR info and to  
share your command's feed back with key MWR personnel.*

*For more on how your command can take part in the MWR  
Advisory Board, call the MWR Administrative Office at 656-  
1049.*



*Watch for an evening of...  
Musical Dinner Theater presentation  
about marriage by*

**ALMARK PRODUCTIONS**

*Wednesday, 15 October 2003*

*Barbarra McNitt Ballroom*

*Buffet Dinner: 6:30 P.M.*

*Show: 8:00 - 9:30 P.M.*

*\$15.00 per person*

*starring*

*Alex Petrides and Alicia Helen Markarian*

**Love Letters**

**Mon 4 Aug - What A Girl Wants (PG) 86 min: Amanda Bynes & Colin Firth:** A free spirited American 19 year-old, who was raised by her equally free spirited mother in New York, travels to England to try to establish a relationship with her father who turns out to be a prominent political figure unhappily bound by strict social customs that may not survive this unknown, carefree visitor from his past.

**Tues 5 Aug - Shanghai Knights (PG 13) 107 min: Jackie Chan & Owen Wilson.** After taming the wild west in Shanghai Noon, Chon Wang and Roy O'Bannon are back in the saddle, but this time Chon is out to settle a score and avenge the death of his father while also keeping Roy away from his sister who has uncovered a world wide conspiracy to murder the Royal family.

**Wed 6 Aug - X-Men 2 (PG 13) 134 min: Patrick Stewart & Ian McKellen .** Already living in a world that mistrusts and fears them the X-Men face even more discrimination after a mutant with extraordinary powers launches a devastating attack on the White House that causes a public outcry against them. As General Stryker plans an attack on professor Xavier's school, the X-men must find the rogue mutant.

**Thurs 7 Aug - Agent Cody Banks (PG) 101 min: Frankie Muniz & Hilary Duff.** To his family and friends, Cody Banks is a typical teen who loves skateboarding, hates math, and feels like a complete idiot around girls. But Cody's got a secret... He's part of a special CIA youth program & is assigned to befriend a fellow student whose father is developing a fleet of nanobots for the evil organization ERIS.

**Mon 11 & Tues 26 Aug - A Man Apart (R) 109 min: Vin Diesel & Larenz Tate.** Two men, who grew up on the streets of LA and joined the DEA to fight the ever rising plague of drug traffic coming into the US from Mexico, go to war when a major new player known as "Diablo" orders a hit on them that results in the death of one cops wife. Now, consumed by revenge, nothing will stop them from getting their man.

**Tues 12 & Mon 25 Aug - Bullet Proof Monk (PG 13) 104 min: Chow Yun-Fat & Seann William Scott.** For many years a mysterious monk with no name has zig- zagged the globe to protect an ancient scroll which holds the key to unlimited power. He mentors a street- wise young man whose only interest is himself. But when he saves the monk from capture, the two become partners in a scheme to protect the scroll from a thief.

**Wed 13 & 27 Aug - It Runs In The Family (PG 13) 109 min: Michael Douglas & Kirk Douglas.** Alex Gromberg is a man caught in the middle. Trying to avoid the mistakes his father made while coming to terms with the ones he's already passed on to his own sons. Alex is navigating the tricky role of father, son and husband. It's a story about loving, frustrating, reassuring, insane, and inescapable bonds of family.

**Thurs 14 & 28 Aug - The Lizzie McGuire Movie (PG) 94 min: Hilary Duff & Adam Lamberg.** Lizzie Maguire and her friends pack their bags and plan to live la dolce vita while on a class trip to Italy. Once there, Lizzie is mistaken for an Italian pop star and starts to fall for a hunky Italian singer. A whirlwind of surprising events force Lizzie to find the true meaning of friendship.

**Mon 18 Aug - Malibu's Most Wanted (PG 13) 86 min: Jamie Kennedy & Anthony Anderson.** Malibu's most unwanted rapper maintains a hip-hop lifestyle that is seriously hindering his fathers bid for governor. When his dad's campaign manager tries to neutralize the problem and teach him a lesson about what "gangsta" life is really like, the wannabe rapper proves his is for real.

**Tues 19 Aug - Interstate 60 (R) 112 min: James Marsden & Gary Oldman.** When a young artist, whose father doesn't want him to go away to college, meets a magician who grants him one wish, he asks simply for "answers". Now he must travel to a non-existent city, on a non-existent highway, in search of the girl of his dreams whose picture appears on the highway billboards he sees along the way.

**Wed 20 Aug - Wrong Turn (R) 84 min: Eliza Dushku & Jeremy Sisto.** A carload of six teens find themselves trapped in the woods of West Virginia, hunted down by "cannibalistic mountain men grossly disfigured through generations of inbreeding."

**Thurs 21 Aug - Daddy Day Care (PG) 94 min: Eddie Murphy & Steve Zahn.** Two fathers lose their jobs in product development at a large food company and are forced to take their sons out of the exclusive Chapman Academy and become stay-at -home fathers. With no job possibilities on the horizon, they open their own day care facility and employ some unconventional methods of child care.

**WATCH FREE MOVIES IN THE BARBARA MCNITT THEATER AND GET A BUCKET OF FREE POPCORN!  
OPEN TO ALL AUTHORIZED MWR PATRONS.**



**Located on  
HERRMANN HALL  
QUARTERDECK**

**Open  
Monday-Friday  
9:30 a.m. ~ 1:30 p.m.  
2:30 ~ 4:30 p.m.**

**Closed Weekends  
and  
Federal Holidays**

AUGUST	UPCOMING ITT TOURS	PRICE
2	Monterey Local Wine Tour	\$39.00
10	San Francisco Giants vs Philadelphia	\$45.00
16	Pier 39/Alcatraz	\$39.00
23	Winchester Mystery House	\$35.00
30-1 Sept	San Diego Sea World/Disney/Universal	\$225.00
SEPTEMBER		
6	San Francisco Giants vs. Diamond Backs	\$45.00
13	San Francisco Get Acquainted Tour	\$23.00
20	Six Flags Marine World	\$45.00
27	San Francisco Zoo	\$30.00
27	Giants vs. Dodgers	\$45.00



**2003 Laguna Seca's race season.**  
*Discounted tickets are available approximately  
three weeks prior to each race.*



**Superbike Tickets are in!!**

**General Admission  
Saturday \$22.50**

**Sunday \$33.00 2-Day \$50.50**

**Paddock Pass \$15.50**

**Monterey Historic  
Automobile Races**



**AUG 15 - 17, 2003**

**Monterey Sports  
Car Championships**



**SEP 5 - 7, 2003**

**US Sports Car  
Invitational**



**OCT 3 - 5, 2003**

## OAKLAND A'S TICKETS



*Baseball season is in full swing!!  
Tickets are available for Friday,  
Saturday and Sunday games for only  
\$10.50. Special orders for weekday  
games can be made in advance.*

## SALUTE TO THE HEROES

*Disneyland/Universal Trip, lodging and transportation included. The cost  
is \$99.00 each for the first and second person and \$45.00 each for the  
third and fourth person. For more information call ITT at 656-3223. This  
special is only available to active duty U.S. military, U.S. Coast Guard and  
activated National Guard, reservists and their family members and guests.*



## 49ERS TICKETS

*Put your name in for a chance to purchase two tickets to the 49ers home games this season.  
Drawing is for NPS active duty only. Sign up for games by 15 Aug. Winners will be notified  
Monday Aug 18. Watch the 49ers play the Chicago Bears, Cleveland Browns, Detroit Lions, Tampa Bay Buccaneers, St.  
Louis Rams, Pittsburgh Steelers, Arizona Cardinals, and Seattle Seahawks. Tickets are only \$70 each.*

*Pre-season games, sales open to all MWR patrons. 49ers vs. Oakland Aug 14, and 49ers vs. New Orleans Aug 23, only  
\$59. Stop by the ITT Office for more information.*

## LOCATION, LOCATION, LOCATION!!

*ITT has moved across from the Quarterdeck  
to Room 127. Same great service and hours,  
just new location!*

## ENTERTAINMENT BOOKS



*How would you like to save money at your favorite  
restaurants and stores in the local area? Get an Enter-  
tainment Book for \$17.00 and start saving now. Stop by  
the ITT office to see where you can start saving.*

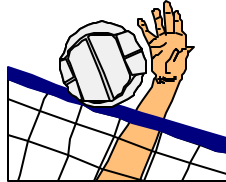


## FALL BASKETBALL

Organizational meeting  
Wednesday, 24 September at 1600  
Team registration: 2-30 September 2003  
League begins 15 October 2003  
Played Mondays & Wednesdays 1800-2000

## FALL VOLLEYBALL

Organizational meeting  
Tuesday, 25 September 2003 at 1600  
Team registration: 2-30 September 2003  
League begins 14 October 2003  
Played Tuesdays & Thursdays 1800-2000



## EXERCISE AROUND THE WORLD

Monday, 11 August 2003  
Monterey Bay Athletic Club/Fitness Center  
Cost: FREE

Earn a certificate for completing an eight week exercise challenge. Any kind of exercise minutes is turned into miles. You can watch yourself go to country to country while you meet the challenge we give you.

## NUTRITION LECTURE

Thursday, 14 August 2003  
Monterey Bay Athletic Club/Fitness Center

**MILITARY: FREE**      **DOD CIVILIAN: \$3.00**

Take a close look at what a complex carbohydrate is and what protein and fat are as they relate to proper nutrition. If you don't know how many calories you need to take in for weight loss/gain, come to this class.

## CARDIOVASCULAR TRAINING

Friday, 28 August 2003  
Monterey Bay Athletic Club/Fitness Center

**MILITARY: FREE**      **DOD CIVILIAN: \$3.00**

Make sure your cardiovascular training is on track for peak performance. Learn the basic principles involved in designing a training program (energy systems, periodization, etc).



MWR has one picnic/park facility available for you and your family to use on base just across the street from Del Monte Lake and the softball field.

For availability and reservation information, please contact the Fitness Center at 656-3118.

## SPECIAL ANNOUNCEMENT

Due to budget cuts the swim card program at the Monterey Sports Center will end September 30, 2003.

## GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	PT READY	20/20/20	PT READY	20/20/20		
10:30 AM						SPIN
11:00 AM	POWER FLEX		POWER FLEX		YOGA GENTLE	
12:00 PM	YOGA	SPIN (CYCLING)	YOGA	SPIN (CYCLING)	YOGA ATHLETE	
4:30 PM		POWER FLEX		POWER FLEX		
5:30 PM	STEP	SPIN (CYCLING)	STEP	SPIN (CYCLING)		

## FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC DAILY	CYCLING DAILY	AEROBIC 8-PUNCH CARD	YOGA MONTHLY	YOGA DAILY
ACT.DUTY/RESERVIST	FREE	FREE	N/A	\$50.00	\$7.00
RETIREE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$50.00	\$7.00
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$50.00	\$7.00

Combo Cards: Allow you to take aerobics or cycling classes.

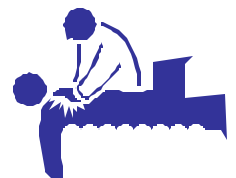
## THERAPEUTIC MASSAGE

(now available)

### Fees:

\$50.00 for a one-hour massage session.  
\$75.00 for a one and one-half hour massage session.

For appointments, please call 656-3118.



## PERSONAL TRAINING

We offer personal training that includes consultation, fitness/exercise program design and one-on-one training.

## BICYCLE RENTALS

The Monterey Bay Athletic Club has adult sized bicycles available for rental by fitness center eligible patrons to meet their transportation needs or for recreational riding.



Two kinds of bikes are available for rental-street bikes and six speed bikes. Rentals are conducted on a daily, weekend, weekly or monthly basis. All rentals include the use of a bicycle safety helmet, lock and chain. Bicycle rental prices are listed below:

BICYCLE TYPE	DAILY	WEEKEND	WEEKLY	MONTHLY	Individuals wishing to rent a bicycle need to fill out a rental agreement and pay in advance for their rental at the Fitness Center, Bldg. 208.
STREET BIKE	\$8.00	\$12.00	\$34.00	\$96.00	
6-SPEED	\$10.00	\$15.00	\$42.00	\$120.00	



## Child Development Center "CDC is the place to be!"



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing early childhood experience - the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care. We maintain a wait list for full-time care.

### **Life Skills Readiness Program: (Part-Day Preschool Enrichment Program)** **Fall Session August 11, 2003 - June 2004 9:00 - 11:30 am.**

**Jellyfish Drop-In Care Room:** Reserve a space for your child in our drop-in care room up to two full weeks in advance. Care is available Monday-Friday from 8:30 am to 4 pm for children ages 1 year (walking) through 6 years. The rate is \$3.50 per hour plus an additional \$ .50 for snack \$2.00 for lunch. Afford yourself the extra time you need for appointments, to run errands, or just a little adult time to yourself. We have lots of fun!

**Before School Care** is available for children attending La Mesa Elementary School ages 5-12 years.

**Let's Pretend:** Make believe play is not only one of the great joys of childhood, it also offers abundant opportunities for children's development. Children develop interpersonal skills, particularly cooperation and conflict resolution, and improve their language and problem solving abilities in pretend (dramatic) play. Around the age of 2, children begin to pretend to cry, sleep, and eat. They soon include a stuffed animal, doll, or favorite toy in their play. They also begin to transform objects into symbols - a simple block becomes a fast race car or a stick makes a fine race horse. As children approach 3, they begin participating in make-believe play with other kids. Dramatic play gradually becomes more elaborate and complex. Four and five year-olds engage in socio-dramatic play, which provides opportunities to rehearse adult roles. Such play helps children make sense of the world. These first dramatic experiences often focus on home experiences. Kids pretend to cook, clean and care for younger children. That's why our dramatic play area has props and equipment that represent the home setting. These stimulate children to act out roles familiar to them. Dramatic play fosters emotional development as children work through fears and worries in a safe context. Social skills are promoted as children communicate and negotiate their roles and actions. Another plus is that children use language more frequently and more elaborately in make-believe play than they do in virtually any other activity. Parents can actively encourage dramatic play at home by capitalizing on their children's interest at the moment, developing themes from stories their children have heard or movies they have seen, and providing props for pretend play. Providing a home environment that is conducive to play stimulates intellectual and social development. At the same time, parents will be developing rich memories of their children at play-memories that last a lifetime.



The Child Development Home program offers Navy certified care by military family members in their homes.
















**Interested in pursuing a rewarding career and work at home?** How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

**The Benefits:** You can stay home with your own children, offer authorized quality child care for others in your La Mesa residence, share in the financial support of your family, and have fun!

**All of our programs are open to active duty military, reservists in active duty status, military retirees, and DOD civilians. Please call 656-2734 for more information.**



## YOUTH & TEEN AUGUST 2003 SCHEDULE OF EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OPEN MON-FRI CLOSED ON WEEKENDS AND ALL FEDERAL HOLIDAYS</p>	<p>OPEN REC HOURS 1430-1800</p>	<p>SAC HOURS 1430-1800</p>			<p>1  YOUTH &amp; TEEN BACK TO SCHOOL PARTY 1400-1600</p>	<p>2  BALLET/JAZZ DANCE LESSONS Ages 3-10 yrs \$32.00/month</p>
<p>3</p> 	<p>4  YOUTH &amp; TEEN COUNCIL MEETING 1500  SAC SCIENCE</p>	<p>5  YOUTH &amp; TEEN OUTSIDE GAMES 1400  SAC FINGER PRINTS UNDER THE MICROSCOPE</p>	<p>6  YOUTH &amp; TEEN POOL TOURNEY 1530  SAC MAKE A GOO</p>	<p>7  YOUTH &amp; TEEN ARTS &amp; CRAFT DAY 1530  SAC BODY MEASUREMENTS</p>	<p>8  YOUTH &amp; TEEN PARK DAY 1500  SAC STAINED GLASS PAPER</p>	<p>9</p> 
<p>10</p> 	<p>11  YOUTH &amp; TEEN BACKWARD BINGO 1530  SAC ARTS &amp; CRAFTS</p>	<p>12  YOUTH &amp; TEEN JEOPARDY GAME 1500  SAC PAINTING LIFE SIZE SELF</p>	<p>13  YOUTH &amp; TEEN SKATE DAY 1530  SAC GROUP QUILT</p>	<p>14  YOUTH &amp; TEEN BRING &amp; LISTEN TO YOUR MUSIC 1530  SAC DRAWING W/ CHALK</p>	<p>15  YOUTH &amp; TEEN MOVIES 1530  SAC FRIENDSHIP BEAD PINS</p>	<p>16</p> 
<p>17</p> 	<p>18  YOUTH &amp; TEEN vs. YOUTH CENTER STAFF AT PING PONG 1530  SAC SELF EXPRESSION</p>	<p>19  YOUTH &amp; TEEN INDOOR SCAVENGER HUNT 1530  SAC EXPLORING DRUMS</p>	<p>20  YOUTH &amp; TEEN JEWELRY MAKING 1530  SAC YOGA</p>	<p>21  YOUTH &amp; TEEN 3 ON 3 BASKETBALL 1530  SAC DANCE FREEZE</p>	<p>22  YOUTH &amp; TEEN BOARD GAMES 1530  SAC SHADOW PUPPET THEATER</p>	<p>23</p> 
<p>24</p> 	<p>25  YOUTH &amp; TEEN PAINT A MURAL 1530  SAC OUTSIDE GAMES</p>	<p>26  YOUTH &amp; TEEN D.Y.O.T. 1530  SAC PARACHUTE BALL BUDDY WALKER 4 CORNERS</p>	<p>27  YOUTH &amp; TEEN SWITCH SIDES 1530  SAC JUMP THE TRAP MARBLES SWITCHEROO</p>	<p>28  YOUTH &amp; TEEN NO ELECTRICITY DAY 1530  SAC RED ROVER MONSTER BALL</p>	<p>29  YOUTH &amp; TEEN ARTS &amp; CRAFT DAY 1530  SAC WATER PLAY</p>	<p>30</p> 
<p>31</p> 						

Tech Connection Youth and Teen Center has a great School Age Care Program starting August 4th. We are currently taking enrollment for the fall. Hours are 1430-1700 and wrap around care available from 1700-1800. Please call 656-2127 or stop by our office for more information.



The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.

## Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight instruction: \$20.00/hour.



**COST SHARING:** Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.

## AIRCRAFT RENTAL RATES

Cessna 152 (IFR) \$50.00      Beech (T-34) \$100.00  
Cessna 172 (IFR) \$66.00

All rates are on a hourly basis including fuel.

## MEMBERSHIP FEES

Monthly dues: \$23.00      Initiation fee: \$30.00

Looking for part time Certified Flight Instructors. Please call 372-7033 for more information.



- Located at the Coast Guard Pier in Historic Downtown Monterey.
- Our services are available for all active duty, retired military, family members and DOD civilians.
- Open everyday.
- Contact the Monterey Bay Athletic Club for rentals.
- First come - first served.
- Nine boats are available to rent.
- The minimum age to qualify for sailboat rentals is 18.
- Check sails are required for boat safety training and to familiarize all patrons with sailing areas and off limit locations prior to initial sailboat rental. Reservations for "check sails" are required - contact Naval Postgraduate School Sailing Association (NPSSA.)
- For Marina information, check sails, and boat reservations contact NPSSA or Monterey Bay Athletic Club at 656-3118.

## SAILING CLASSES: MATE "A" & SKIPPER "B"

Sat 9 - Sun 10 Aug 03

Sat 13 - Sun 14 Sep 03

## "HANAIEI" CRUISES

Reserve your seat for a two hour tour on the 30' Hanalei cruising sailboat on the Monterey Bay for any Saturday afternoon 1300-1500 or Wednesday evening 1730-1930. The Hanalei is limited to 14 passengers.

No sailing experience is necessary! Open to all military, reserves, DOD civilians and family members. Reservations are required and can be obtained by contacting Jim Laughlin at 242-5747 or email: sailing@monterey.army.mil.

## -NPSSA-

NPSSA, the Naval Postgraduate School Sailing Association, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians. Members take part in local racing events and NPSSA-sponsored cruising events. Additionally, NPSSA provides assistance to MWR with boat maintenance and sailing qualifications through volunteers. All MWR eligible personnel may join NPSSA. For more information or to volunteer, contact NPSSA at npssa@nps.navy.mil.

## MWR Bluewater Cove Marina

## SAILBOAT RENTAL RATE

Small Wonder	23 ft. Ranger	\$30/day
Serenade	22 ft. Santana	\$30/day
Antares	26 ft. Excalibur	\$30/day
Lorraine	22 ft. Capri	\$30/day
Barbara, Harriet	30 ft. Shields	\$30/day
Medora, Storm	30 ft. Shields	\$30/day
Hanalei II	30 ft. Buccaneer	\$40/day



Go to our new website at  
[www.montereypinesgolf.com](http://www.montereypinesgolf.com).

Register with our site and print off coupon good for discounted green fee. Good Monday - Friday only and golfers must present coupons at check in time.

**Golf instruction from your certified golf instructors**

**CLAY MURRAY ~ Head Professional**



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$40.00	\$35.00	\$30.00
ONE HOUR	\$60.00	\$55.00	\$50.00
VIDEO HOUR	\$75.00	\$70.00	\$65.00
PLAYING LESSON	\$90.00	\$85.00	\$80.00

**ERIC THOMPSON/DAVID HARBER ~ Assistant Professionals**



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00

## NPS INTRAMURAL GOLF LEAGUE

Thursday 21 August 03 - Thursday 30 October 03  
Championship Match Thursday, 6 November 03

Cost: \$150.00 per team

12 teams of 4 to 8 players  
2 divisions of 6 teams  
11 nine hole matches  
2 winners of each division  
play for championship

Please call Clay at 656-2167 for more details..

## 19TH HOLE GRILL

Open 7 days a week: Mon 9 am - 5 pm  
Tues-Thurs 6:30 am - 5 pm, Fri-Sun 6:30 am - 6 pm

Offers breakfast, lunch and early lite dinners.  
Banquet facilities for up to 150 people.

**Featured Daily Lunch Specials**

Wednesday - Italian  
Friday - Prime Rib & Fresh Fish

## MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.



### About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op

### DAILY RENTAL FEES

ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$18/Day	\$15/Day
DOD	\$20/Day	\$18/Day
Sponsored guests	\$25/Day	\$20/Day

### RV VEHICLE STORAGE RATE

	0 TO 20 FT	OVER 20 FT
Military	\$15.00	\$20.00
DOD Civilian	\$20.00	\$25.00

### RENTALS

Cart Rate	\$20.00
Single Cart	\$12.00
Rental Clubs	\$10.00
Pull Carts	\$5.00

### ANNUAL FEES

Enlisted	\$540.00
Officer	\$660.00
DOD	\$720.00

### PUNCH CARD 20 PLAY

### 25% DISCOUNT

Military	\$180.00
DOD	\$270.00



## NAVAL POSTGRADUATE SCHOOL (Area Code 831)

**MWR (NPS) Intranet Events Calendar** - <http://onboard.nps.navy.mil/intra/>

**MWR ADMINISTRATIVE OFFICES** - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

**EL PRADO DINING ROOM** - Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For questions, call: 656-2170.

### Hours of Operation:

Ala Carte Breakfast: 6:45 - 10:45 a.m. Weekdays  
Hot Breakfast: 6:45 - 9:00 a.m. Weekdays  
Lunch: 10:45 a.m. - 2:00 p.m. Weekdays  
Dinner: 4:00 - 9:00 p.m. Monday through Saturday

**TRIDENT ROOM** - Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

**Beverage Service :** 4:00 - 11:00 p.m. Monday - Wednesday  
3:00 - 11:00 p.m. Thursday & Friday  
4:00 - 11:00 p.m. Saturdays  
**Dinner Service :** 4:00 - 9:00 p.m. Monday through Saturday

**CLUB DEL MONTE/CATERING SALES OFFICE** - Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

**INFORMATION TICKETS & TOURS** - Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. - 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1:30-2:30 p.m. Phone: 656-3223.

**CHILD DEVELOPMENT CENTER** - La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. - 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

**CHILD DEVELOPMENT HOMES** - Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

**ROMAN PLUNGE SWIMMING POOL** - (Bldg. 210). Closed until further notice. Phone: 656-2275.

**TECH CONNECTION** - La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 2:30-6 p.m. while school is in session. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30- 6:00 p.m. Monday through Friday while school is in session and 0900-1800 during day camp. Closed on all federal holidays. Phone: 656-2127.

**MONTEREY BAY ATHLETIC CLUB** ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. - 9:00 p.m.; Saturdays, 8:00 a.m. - 5:00 p.m.; Sundays 9:00 a.m. - 5 p.m. Federal holidays, 10 a.m. - 5 p.m. Phone 656-3118.

**MONTEREY PINES GOLF COURSE** - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. - 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

**MONTEREY PINES RV CAMPGROUND** - Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

**MONTEREY NAVY FLYING CLUB** - At the Monterey Airport. Open Monday to Friday 9:00 a.m. - 5:00 p.m. Phone: 372-7033.

**BLUEWATER COVE MARINA** - On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 242-5747/656-3118.

**MWR BUSINESS OFFICE** - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

**MWR MARKETING OFFICE** - Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. - 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

**THE FLEET & FAMILY SUPPORT CENTER** - 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. - 4:30 p.m. Tel: 656-3060.

**NAVY EXCHANGE TELEPHONE NUMBERS** - Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.



## Peacock Press

Morale, Welfare and Recreation Department  
Naval Postgraduate School  
1 University Circle  
Monterey, CA 93943-5000

## CHECK OUT MWR'S WEBSITE!

[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)